This preventive measure is recommended by Laveran, who discovered the haematozoon of paludism, and is followed by a great many persons. It has always yielded excellent results, even among the natives who are also subject to the fever (1).

(1) According to a report by the Superior Resident in Laos, in which mention is made of a note by M. Morin, the government commissioner in Vien-Tiane, there is a kind of liana in this province which is quite common in the region and which the Laotians call Khua-Khao-hô.

This liana, which the Siamese call Bora-phet, is no other, according to the dictionary by Pallegoix, than the Cocculus verrucosus of the Menispermaceae family.

The taste of the sap which it contains, when newly cut, is particularly bitter. When dried the liana itself retains a very pronounced taste of quinine.

Native doctors use it in various preparations for treating obstinate fevers and jaundice in its various forms.

At the same time as the Khao-hô, pieces of heartwood from two hardwood trees are generally used. We have been unable to discover their exact names, but the active medicinal agent, according to the natives, is primarily Cocculus verrucosus (Bulletin économique de l'Indo-Chine, August 1, 1900).

[121] The daily ingestion of a small quantity of quinine keeps the blood in a toxic state for fever-bearing microbes, and it must be constantly saturated if one wishes to prevent their invasion and growth.

Some persons also get along very well on a treatment which consists in taking a purgation of sodium or magnesium sulphate, or else an emetic of ipecacuanha, every three months (April, July, October and January).

Whenever a feeling of torpor, stiffness in the nape of the neck or the shivers which are the forerunners of fever manifest themselves, one and a half to two grams of ipeca and one gram of quinine, after vomiting has stopped, will overcome the illness and reduce the attack to its most benign form.

In sum, one can keep in excellent health in Laos, by following these few recommendations, if one has a good stomach, solid insides and an intact liver. A stay in this country can therefore not be

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386 when mixed with curcuma. The trees are found in the forest, and sometimes in gardens.

10. Yams.

262 The yam is an edible tubercle of the Dioscorea family. It is represented by two varieties, the white and the black, which are called
241 "Mane-Phuek-Khao" and "Mane-Phuek-Dam" in Laotian. These tubercles are the main standby when there is a scarcity of rice and [335] maize, but in ordinary times they are used only to supplement the usual diet.

11. Taro or cush-cush (Mane-Pa).

Taro is also a food plant of the Aroïdées caladiées genus (Caladium esculentum). Like the yam, it is one of the most useful edible tubercles in times of famine.

12. Medicinal plants.

824 Designated by the generic name "Ya" in Laotian, these plants
278 are represented by special types of orchids, roots, bark, berries, leaves and even pieces of wood of different kinds, the whole forming an assortment of medicaments.

[438] The Khas are the ones who collect these various products from the depths of the forests, and they trade them either to Chinese or to Laotians for money or other goods.

[435] Certain of these plants and barks are used by the Laotians while others, such as the leaves from orchid plants, for example, are purchased by Chinese merchants at prices which vary between 33 and 62 francs per hundred kilograms.

13. Cloves.

The clove tree (Caryophyllus aromaticus. Kane-Phou in Laotian) is quite scarce in Laos. Cloves are mixed with various ingredients in masticatories or are taken as medicine.

Cultivation of the clove tree ought to be developed in Laos because of the high value of its flowers which, when dried on the tree, constitute the cloves of commerce.

14. Beeswax (Phung).

222 Beeswax is much sought-after in Laos, where a great deal of it is
[231] consumed. It is a scavenging product par excellence since, except in the Sib-Song-Pahn-Na, the inhabitants do not practice apiculture and
314 are content to go into the forest and look for honeycombs in order to extract the wax. The latter is used for domestic needs and for worship
[438] ceremonies. It also forms the basis of quite an important trade.

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Mai-seng	Dom-khleng-cong (Cambodian) Strychnos nux-vomica		.5 to .6	Its wood, roots and leaves, with the exception of the pulp of its fruit, are used as a remedy against fever and snake bite.	No	Valleys and banks of water-courses	Lower Laos	Very hard wood, slightly whitish, difficult to work; well-grown tree, its seed is the nux vomica; not very plentiful.
Mai-som-hong		20 to 25	.9 to 1		No	Valleys and banks of water-courses	Lower Laos	Slightly grayish wood, difficult to work, cannot withstand rain; well-grown tree; not very plentiful.
Mai-lek	Vap (Annamite) Mesua ferrea (?)	20 to 25	.6 to .9	Railway ties. Piles for wharfs.	No	Thick forest	Lower Laos	Ironwood, very hard, mahogany in color.
Mai-tham-da		20 to 25	.6 to .8		No	Thick forest	Lower Laos	Very tall tree with blond heartwood. It is sought-after by the bonzes, who use it to make statues.
Mai-khao		18 to 20	.5 to .6	Boards, framing.	Yes	Thick forest	Lower Laos	White wood of inferior quality; lasts about five years.
Mai-nieo	Cai-gon (Annamite) Dom-cor (Cambodian) Bombax and Callotropis Mock cotton	15 to 20	.6 to .8	Not used as wood.	Yes	Banks of water-courses	Lower Laos	Quite unresistant wood. The tree yields cotton of excellent quality. It grows rapidly, and is very common.

[table continued over]